September 2018

Kalyāṇamittā

Buddhist and Pāli College of Singapore

Message from the Honorary Secretary of BPCA….

Greetings to Venerable sirs, members of BPCA and students of BPC. We trust all are well and healthy.

Lo and behold, the passage of time has passed by in a flash. Our need is always on the go, to be productive and to succeed, has transformed how we are spending time. We are often busy and hurrying to do the next thing, rather than slowing down to enjoy the present moment. We would like you to slow down and savour this gift called life.

It is good and healthy to make effort to unplug and spend time with BPC and BPCA continuing organisation of the Dhamma activities such as the Buddhist studies course, events, gatherings, dhamma talk series and many others.

Our highlights of the events are as follows:

1. BPC and BPCA promote home-based Buddhist Studies Courses continuously. We are happy to share that on July 2018, we conducted the Introduction to Buddhism course for the public and the attendance was well received.
2. BPC Diploma Orientation Events – Diploma in Buddhism for 2018/2019, 26th Intake proposal was tabled at the BPCA committee meeting and Bhantes Seelananda had approved its concept for action. BPCA would like to thank Bro Patrick for his artwork and design, and also for sponsoring the printing of the brochures and fliers for distribution at various Buddhist temples for those who were interested to enrol. BPCA also would like to thank the BPCA Chairman Bro Nimala Goh and Bro James Phoon for sponsoring the advertisement in the Straits Times newspaper on 7th July 2018.
3. BPCA had conducted the diploma course previews on 21 July 2018 at Mangala Vihara and on 5 August 2018 at Poh Ming Tse Temple. BPCA would like to thank Dr Ng YY and Bro Jeffry for conducting the course previews. Both course previews were well received by the new students.
4. BPC has scheduled to start the Diploma course in Buddhism on 7 October 2108 at Mangala Vihara and on 9 October 2018 at Poh Ming Tse Temple.

5. **On 1ST September 2018, BPC presented the BPC Silver Jubilee Symposium 2018. The theme for the symposium is titled, "Reflection". It is believed that when we reflect our mind, we can transform our life. Throughout our life we have a choice on what to do, see and select. It is because we see things from different angles upon encountering the difficulties. So, in this respect, to be able to recognise them from different perspectives there is a need to acquire some knowledge, help and support. It is therefore the reason why BPC presented this symposium to bring us to better understand what reflection is on the different angles and perspectives of the problems. There were distinguished speakers who are experts in the field of psychology, dhamma education and psychiatry to enlighten us. We are sure that everyone had enjoyed and benefited from this symposium with good useful tips.**
6. **BPCA will be organising the birthday dana and celebration for our principal Dr Venerable P Gnanarama Maha Thero on 2 December 2018. We hope that all members, teachers and students will keenly participate in this event. We will let you know the details in due course. Please mark your calendar for the occasion on 2 December 2018.**

Quoting the Buddha sayings as follows from the Dhammapada (verse 354):

"The gift of the Dhamma excels all other gifts;
the taste of the Dhamma excels all others tastes;
the delight in the Dhamma excels all other delights".
"(Sabba Danam Dhamma Danam Jinati)".

The complete eradication of Craving and Attachment (to attain Arahantship) overcoming all sufferings (samsara dukkha)

Sabbe Satta Bhavantu Sukhi Tatta
(May all beings be well, peaceful and happy).

Sadhu, Sadhu, Sadhu!
Tham Saik Hoong
Honorary Secretary, BPCA (2017-2018)

MEMBERS OF THE BPC ALUMINI COMMITTEE 2017-18

Honorary Advisor – Bhante Gnanarama & Bhante Seelananda

Honorary Chairman - Alex Goh @ Nimala

Honorary Secretary – Tham Saik Hoong

Honorary Treasurer - Elizabeth Kheh

Head of Volunteer & Student Services – James Phoon

Head of Continuing Education Services – Jeffrey Chieng

Head of Events and Bonding – James Phoon / Eric Wong

Head of Editorial – Eric Wong

Head of IT and Computer Resources – Patrick Lim

BPCA CALENDAR OF EVENTS FOR 2018

Past Events

CNY for Bhantes at Restaurant	24 Feb 2018
Lo Hei at Mangala Vihara	25 Feb 2018
1st Intro to Buddhism Course (16th Intake)	7 Mar 2018
Holy Tour of India Ellora Caves (8 Days)	9 March 2018
Vesak Day (2018)	29 May 2018
Diploma Preview	21 July (MV) 5 August (PMT)
2nd Intro to Buddhism Course (17th Intake)	25 July 2018

Upcoming Events

Tai Chi Class – Every Monday 7.30 to 9.00 pm	Every Monday
Diploma Orientation Day	7 October 2018
Hosting Monks visit from SriLanka	25-29 October 2018
BPC Principal Birthday & Celebration	2 December 2018

For details, please contact BPCA Honorary Secretary at

bpca2017sg@gmail.com

MISSION
BUDDHIST AND PALI COLLEGE of SINGAPORE

To provide tertiary education in Buddhist Studies leading to award of Diploma, Bachelor of Arts, Master of Arts and PhD of the Buddhist & Pali University of Sri Lanka.

The Buddhist and Pali College of Singapore was set up in 1993 as an educational project to complement the Dhamma Classes.

Our email contact :
bpca2017sg@gmail.com
for editorials, general enquiries and any matters relating to our Alumni

FROM THE EDITOR

The 3 months Vassa will be ending in October, hope you have participated in the numerous sharing activities by the Sangha as during this rainy retreats, traditionally, the Sangha will stay at one location to do teaching and sharing.

It is September now, and students should be "digging in" in preparation for their examinations. Look out for examinations blessings conducted by the Bhantes, at least you can improve your chances of success ☺. And of course, put in your efforts to be successful.

The current team of Committee members will be completing their 2 year stint in January. For those who wants to make an impact and contribute to BPC and BPCA, please do contact us. We are in search of new blood to carry the torch forward.

We welcome any contribution of articles that relates to Buddhism or Buddhist way of life. In fact we encourage you to contribute since this Newsletter is for YOU. And if you feel an urge to serve our community, we have vacancies in our Alumni team. Contact us and we can work something out.

Write to us at our official eMail address : bpca2017sg@gmail.com

w/Metta

The Editorial Team

Diploma Preview

The Diploma Previews were held at 2 places, Mangala Vihara on the 21st July 2018 and Poh Ming Tse on 5th August 2018.

Eager prospective students listening to the preview at MV. On the left is Bro Jeffrey and Dr Ng YY talking to the group. On the right is a view of the students in attendance.

This is the 2nd preview conducted at PMT Temple. Bro Jeffrey and Bro Eric is talking to the prospective students.

1. **We opened up a desk at Mangala Vihara on the 16th September, for those who wants to make enquiries and register for the Diploma Course.**

(The three in the photo are not new registration students, they are Bro Patrick, Bro Nimala and Bro Jeffrey.)

BPC Symposium (25 Years) Silver Jubilee 2018

This year, we broke away from norms. Instead of the BPC Alumni planning for the Symposium, the collective efforts of the teachers were called upon to organise the Symposium. The theme was Reflections, (25 Years) Silver Jubilee Symposium 2018, led by Chairwoman, Sis Jenny Quek.

Our Principal, Bhante Gnanarama giving a speech at the opening. Sitting next to him is BPU Vice Chancellor, Ven Prof G Sumanasiri Thero

The Audience listening intently to the Talk

Questions from the floor being clarified by the Panel of Speakers

The Panel of Speakers answering questions from the audience

Group picture of Volunteers and Participants with Bhante Gnanarama

I am so happy everything turns out fine

BPC Symposium (25 Years) Silver Jubilee 2018

Since Bhante Gnanarama already have the highest award from BPU, were presented with a well crafted Fan

On Stage Singing Performance

Having a break at the Symposium

Look at the Girls, they are so happy, more happy than Bhante, ☺

Hmmm, something familiar about the colour of the cake

The 2 Doctors, Sis Ng and Sis Ang, together with Sis Dolly and Sis Biana

BPC Symposium, the Planning Stage

The SOC (Symposium Organising Committee) having one of the many meetings to make the Symposium a success

BPC Symposium, The Appreciation - High Tea For Volunteers

BPC Vice Principal, Bhante Seelananda, expressing his thanks to the volunteers

Having high tea at the appreciation gathering

Bro Jebson and Sis Jean, the major drivers behind the success of the Symposium

Developing A Cultural Humility

Cultural is one construct for understanding and developing a process-oriented approach to competency. J.N. Hook, the psychologist conceptualized cultural humility as the ability to maintain an interpersonal stance that is other-oriented or open to the other in relation to aspects of cultural identity that are most important to the (individual or person). It means uncovering the ways in which that cultural inheritance impacts how we see ourselves and relate to others. Also, it is about looking deeper and discovering the complexity of our cultural inheritance, the values, we learned about ourselves and others, too. In addition, it is discovering what we have internalized and embodied from our families, origins, growth, development, cultural traditions, social identities, life circumstances, social background, and the ways to defuse tensions.

More than a concept, cultural humility is a communal reflection to analyse the root causes of suffering and create a broader including a more inclusive view of the world.

Originally, Doctors Melanie Tervalon and Murray-Gracia in 1998 developed this concept in medicine to address health disparities and institutional inequities. Cultural humility is widely used in public health, social work, education, and non-profit management. It is a daily practice for people to deal with hierarchical relationships, changing organizational policy and building relationships based on trust. The attributes are openness, self-awareness, egoless, supportive interactions, and self-reflection and critique. The antecedents are diversity and power imbalance. The consequences are mutual empowerment, partnerships, respect, optimal care, and lifelong learning.

There are three factors for a sojourner guidance toward cultural humility as follows:

1. It is a lifelong commitment to self-evaluation and self- critique according to Doctors Melanie Tervalon and Jann Murray-Garcia. The knowledge of such concept gives us an unending learning and crave for more. We must be humble and flexible. At the same time, be bold enough to see ourselves critically with a desire to learn more and more. When we fail to know something, we must be able to acknowledge that. Understanding is only as powerful as the action that follows.
2. It is a desire to fix power imbalance where nothing is ought to exist. Recognizing that an individual would bring something different to the proverbial table of life helps us to see the value of the individual. Take for an example A and B conversation. When A holds the power in scientific knowledge and B, an expert on his own life, character, symptoms and strengths (in personal history and preferences), Here, both A and B must collaborate and from each other for the best solutional outcome.
3. It is aspirational to develop partnership with people or groups who advocate for others. Although individuals can create positive change; communities and groups can also have a profound impact on systems. It is not appropriate for individual to commit self-evaluation and fixing power imbalances without advocating within the larger organisations in which we participate.

In conclusion, cultural humility is a lifelong journey of self-awareness and self-reflection. It is no easy means to practice this kind of awareness without first considering the basic groundwork that is infused with caring warmth. It is indeed larger than our individual selves – we must advocate for it systemically.

By Saik Hoong, Tham

The BPCA (Buddhist and Pali College Alumni)

During the time of the Buddha, there were pavilions and open areas in public places where a religious teacher can go to for debate or to preach their philosophies. Dhamma was being spread literally anywhere, and at any time.

You do not have to pay anything to listen to these public forums. The Dhamma should be free for all who seek the truth.

Our world today is very different. Advertising, organising a preview, getting students to settled down, all have a cost to it. Luckily we have activities where generous donors help to defray the cost for the purpose of introducing people to the Dhamma path. But even though the Course is free at Buddhist and Pali College, we still need to pay for the facilities, such as Air-con room, a place to gather and call our class. It is the kind generosity of Mangala Vihara to offer us their classrooms, but nevertheless, we had to contribute to their maintenance of these classes, which is $20 per month, or $240 per year. A meagre sum for the knowledge we gain. And also the cost of registration and exams have to be borne by the students. But, the course is free.

We are very dependent on Volunteers to run this organisation. The Admin Officer, the Teachers and an Alumni consisting of past and present students. Traditionally, an Alumni is separate from the school but our Alumni have much in common with the objectives of the school and so the Alumni does it's part to 'volunteer' to the needs of the College. The Alumni have a term of 2 years, thereafter, they will be up for renewal soon.

If you believe that you can do something for our Buddhist community then come forward to serve in the BPC Alumni. The Alumni support regular programs such as Introduction to Buddhism Course, Taichi, Chinese New Year Gathering, Holy Pilgrimage Tour, Diploma Preview, Diploma Orientation, and Ad-hoc programs as and when proposed by the members. Come and talk to our committee members or contact our Principal and Vice Principal directly.

There are 4 kinds of people,

- *One who helps neither himself or others,*
- *One who helps others but not himself,*
- *One who helps himself but not others,*
- *One who helps both himself and others.*

AN 4.95

Come and be part of the 4th group